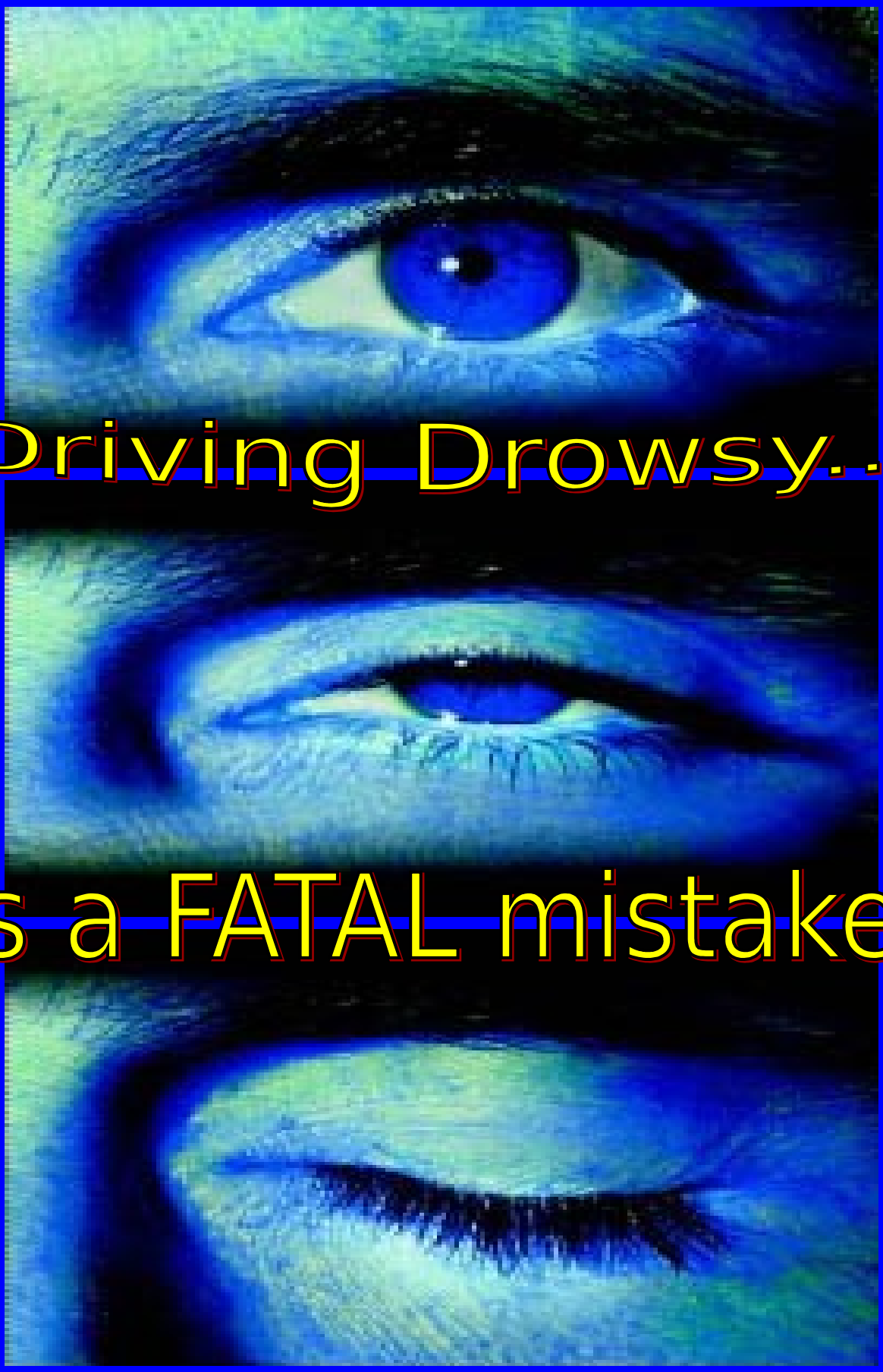
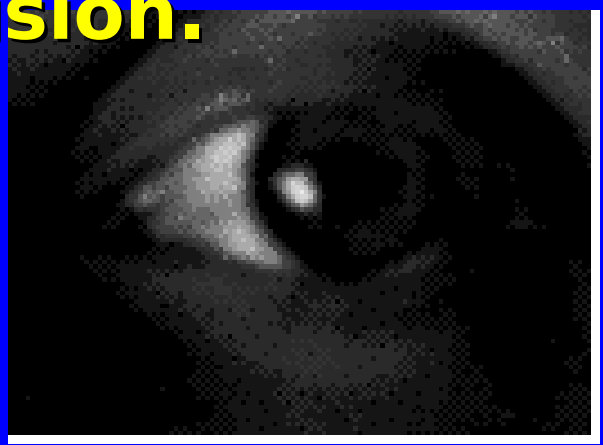

Driving Drowsy...
is a FATAL mistake!

Why YOU need to KNOW

When you are behind the wheel of a car, being sleepy is *very* dangerous. Driving drowsy slows your reaction time, decreases awareness, and impairs judgment, just like drugs or alcohol. And, just like drugs and alcohol, driving drowsy can contribute to a fatal collision.



FACT:

Driver fatigue is the primary cause of at least 100,000 police - reported crashes and more than 1,500 deaths annually, according to the U.S. National Highway Traffic Safety Administration (NHTSA).

FACT:

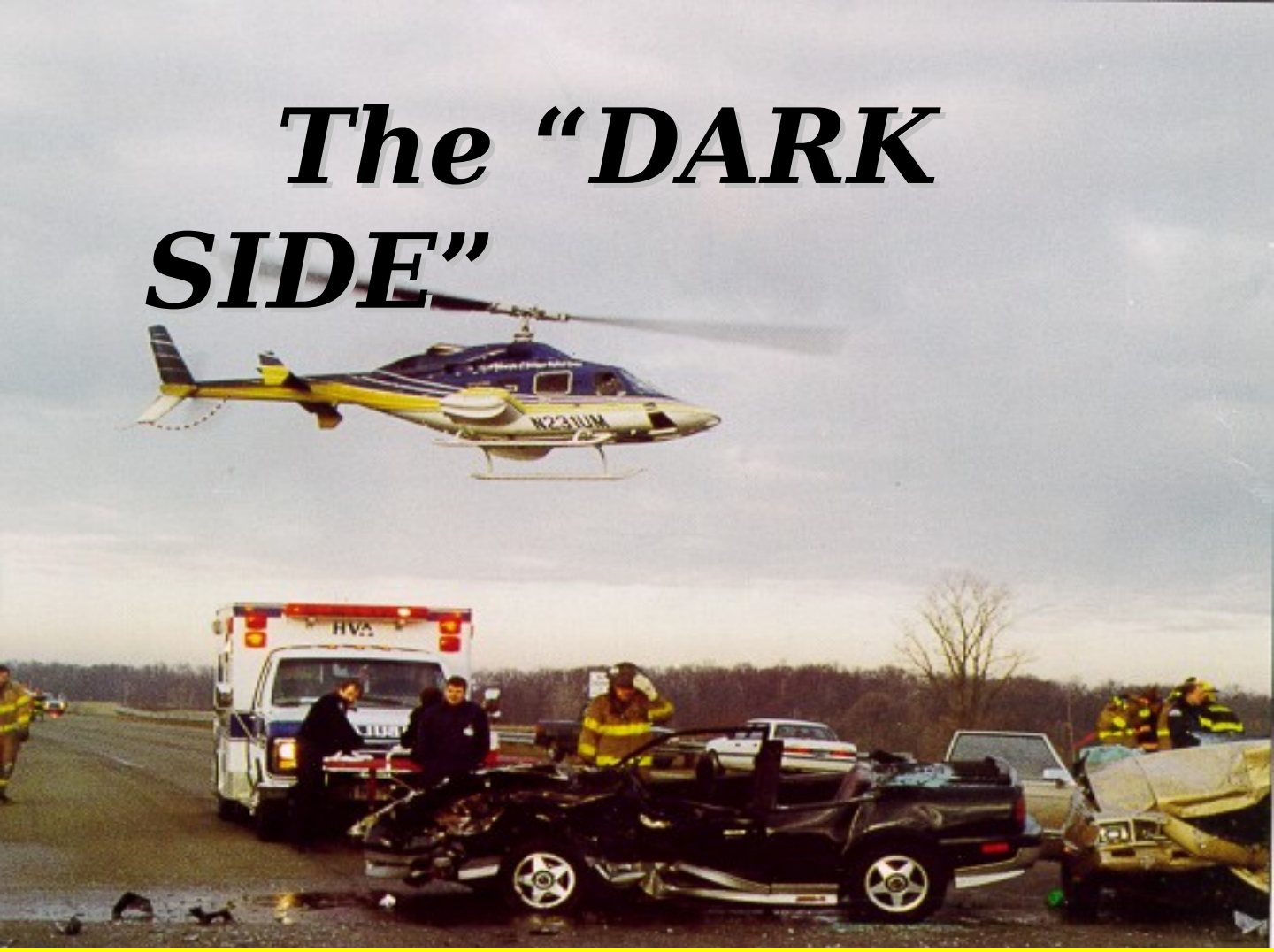
NHTSA statistics indicate accident rates vary during the course of the 24-hour day and mirror daily human alertness patterns. Accident rates have a peak in the mid-afternoon, when alertness dips, and an even higher peak in the overnight hours between 2 and 6 a.m., when alertness is at its lowest point of the day.

FACT:

Memorial Day, July 4th, Labor Day...

There's a *"Dark Side"* to the American summer vacation season--the inevitable news reports updating highway accident death tolls during long holiday weekends.

The "DARK SIDE"



Take a break

certainly play a role in the high accident rates, most experts agree another factor is likely to blame-- *increased driver fatigue* attributed to long driving hours, lack of sleep, and the demands of holiday activities.

Who is at RISK?

Anyone who DRIVES!

Who is MOST at RISK?

FACT:

Sleep-related crashes are most common in young people, who tend to stay up late, sleep too little, and drive at night. The peak age of occurrence is 20 years old.

Who is at RISK?

ALL Drivers are at RISK

especially when YOU are:

- **Sleep-deprived or fatigued**
- **Driving long distances without rest breaks**
- **Driving through the night**
- **Driving through the early afternoon**

Take a break

Who is at RISK?

ALL Drivers are a RISK

especially when YO

are:

- **Driving at times when normally asleep**
- **Taking medication to increase sleepiness**
- **Consuming any alcohol-related products**
- **Driving alone**

Feeling sleepy?

WARNING Signs of Driving Drowsy:

When driving fatigued, YOU may experience the following symptoms:

You can't remember the last few miles driven.

You drift from your lanes or hit a rumble strip.

You have wandering/disconnected thoughts.

You

Take a break

WARNING Signs of Drowsy Driving

When driving fatigued, YOU may experience the following symptoms:

Drowsy:

You have difficulty focusing/keeping eyes open.

You tailgate or miss traffic signs.

You have trouble keeping your head up.

You keep jerking your car back into the lane.

Feeling sleepy?

IF YOU ARE DROWSY,

Recognize and TAKE ACTION!

signs &

Take Action Immediately!

You cannot predict when a micro-sleep may occur.

YOU must RESPOND quickly to symptoms of fatigue by finding a safe place to stop!

Pull off into a safe area away from traffic and *"Take a Break"*. Spend the night at a hotel or at least take a brief nap (15 to 40 minutes)!

Don't count on the radio, open

Preventive Measures

Plan Ahead Before Leaving...

Get a good night's sleep. While this varies from individual to individual, the average person requires about 8 hours of sleep a night.

Preventive Measures

Plan Ahead Before Leaving...

Plan to drive long trips with a companion. Passengers can help look for early warning signs of fatigue or switch drivers when needed. Passengers should stay

Slow down

Preventive Measures

Plan Ahead Before Leaving...

Avoid alcohol and medications (over-the-counter and prescribed) since they can impair driving performance. Alcohol interacts with fatigue; increasing its

Don't drink and drive

Preventive Measu

While Driving...

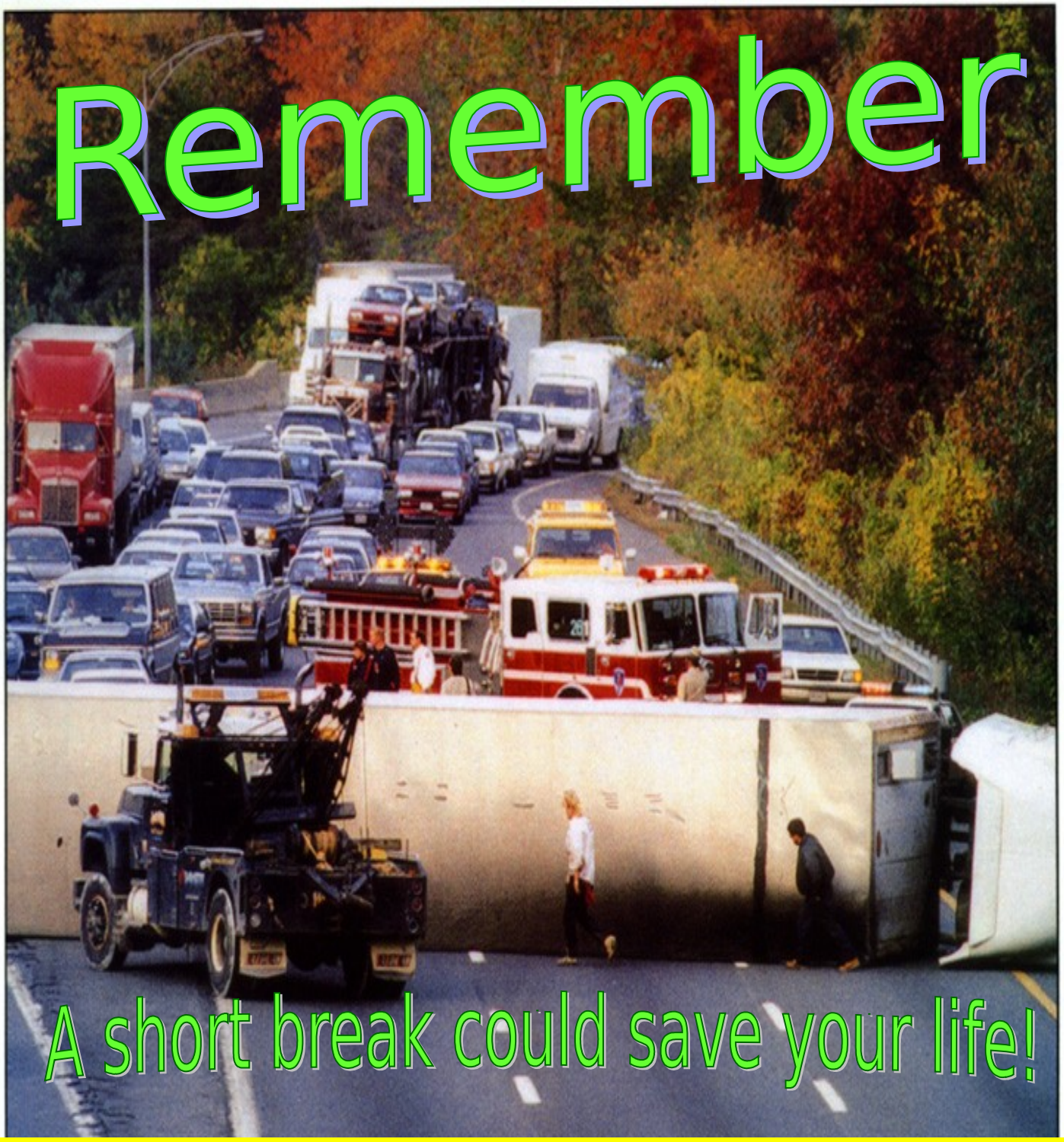
Stop frequently (at least every two hours) and take a walk, stretch, etc.

Keep your vehicle well ventilated.

Avoid caffeine or other drugs to keep you awake; when they wear off, you will feel very tired.

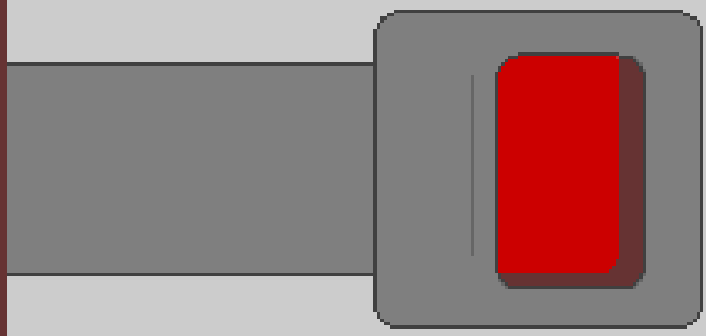
Eat lightly and avoid heavy.

Switch off your phone



Take a break

Seat Belts



The proper use of seat belts is estimated to save THOUSANDS of lives each year.

Put simply: Seat Belts W

THINK
Road Safety

Every trip

U.S. AIR FORCE

Mission First...Safety Always